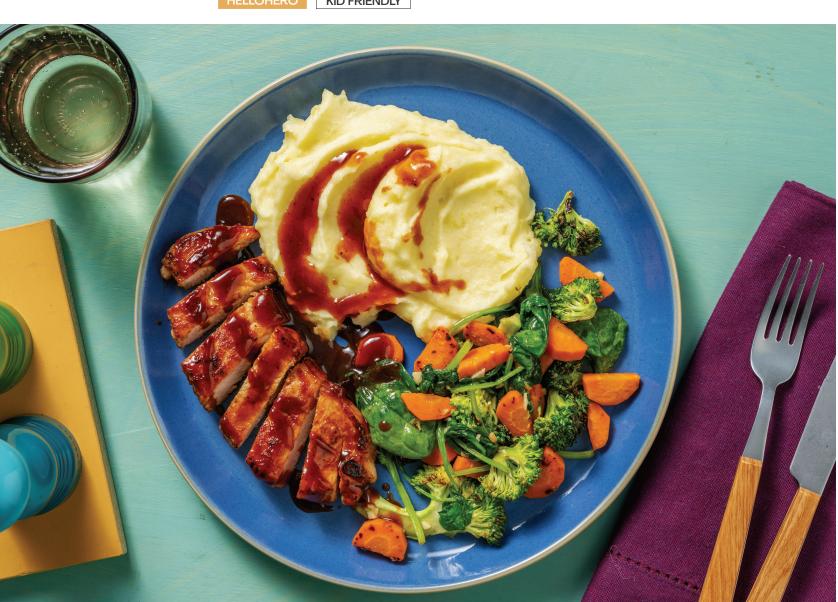
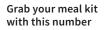


# Sticky Honey BBQ Pork Steaks with Creamy Mash & Pre-Prepped Veggies

HELLOHERO

KID FRIENDLY















Steaks







**BBQ Sauce** 







Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First





**Protein Rich** 

This dish might be simple to make, but it's full of flavour and definitely no ho-hum weeknight dinner. The secret is to flavour the juicy pork steaks with our Aussie spice blend, before popping them in the pan and adding BBQ sauce and a bit of honey once they're done. The result is the perfect balance of savoury and sweet flavours.

**Pantry items** Olive Oil, Butter, Milk, Honey

#### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
garlic	2 cloves	4 cloves
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
BBQ sauce	1 packet	2 packets
honey*	1 tsp	2 tsp
*Pantry Items		

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#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2589kJ (619cal)	<b>507kJ</b> (99cal)
Protein (g)	35.2g	6.9g
Fat, total (g)	35.3g	6.9g
- saturated (g)	16.9g	3.3g
Carbohydrate (g)	39.5g	7.7g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1265mg	247.6mg
Dietary Fibre (g)	6.2g	1.2g

The quantities provided above are averages only.

### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Cook the mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain potato and return to the pan. Add the butter and milk, then season generously with salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!
Little cooks: Get those muscles working and help mash the potatoes!



## Cook the veggies & pork

- Heat a large frying pan with a drizzle of olive oil over medium-high heat.
   Cook broccoli & carrot mix, tossing, until tender, 4-5 minutes. Stir in garlic until fragrant, 1-2 minutes.
- Add baby spinach leaves and cook until wilted, 1 minute. Transfer veggies
  to a second medium bowl. Cover to keep warm.
- Wipe out frying pan and return to medium-high heat with a drizzle of olive
  oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side
  (depending on thickness).
- Remove pan from heat, add BBQ sauce and the honey. Turn pork to coat.



## Get prepped

- · While the potato is cooking, finely chop garlic.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil.
   Add pork loin steaks and toss to coat.

**Little cooks:** Help toss the pork steaks in the spice blend.



### Serve up

- Divide sticky honey BBQ pork steaks, creamy mash and veggies between plates.
- Spoon any remaining sauce from the pan over the pork and mash to serve. Enjoy!

**Little cooks:** Take the lead and drizzle the pork and mash with the sauce. Be careful, the pan may still be hot!







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

